

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 2026 Assisted Living Activities Calendar Sungarden Terrace 2045 Skyline Drive, Lemon Grove, CA. 91945 - (619) 464-2273 Location Key: CR - Community Room MC - Memory Care DR - Dining Room DRP - Dining Room Patio L - Lobby TL—Terrace Lounge <i>Activities are subject to change.</i> <i>Outdoor programs occur if weather permits</i> August Birthday's Brendan H. 8/2 Shirley E. 8/3 George N. 8/13 Cheryl R. 8/21 Joanne Z. 8/27 Location Key: CR - Community Room MC - Memory Care DR - Dining Room DRP - Dining Room Patio L - Lobby <i>Activities are subject to change.</i> <i>Outdoor programs occur if weather permits</i>						
Friendship Day 2 9:00 Catholic Mass & Communion—CR 9:00 Shadow Mountain Service – MP 10:00 Snack—CR 10:30 Bingo Bonanza—CR 1:30 Jigsaw Puzzle—TL 2:30 Cinema Time—MP 3:00 Door to Door Refreshments	3 9:00 Seated Strength—CR 9:30 Discovery Packet - CR 10:00 Snack —CR 10:30 Lets Get Crafty—TL 1:30 Mega Bingo —CR 3:00 Snack—CR 3:30 Ultimate Cup Stacking—TL	Assistance Dog Day 4 9:00 Clarissa’s Wellness Workout –CR 9:30 Eye Wear Cleaning—CR 10:00 Snack-CR 10:00 Panoramic Drive—L 1:30 Bingo —TL 2:30 Glam Nails – TL 3:00 Door to Door Refreshments	5 9:00 Table Talk – TL 9:30 Mindful Journal Practice — TL 10:00 Snack—CR 10:30 Morning Yahtzee —TL 1:30 Bingo Fun —CR 2:30 Movie & Popcorn—MP 3:00 Door to Door Refreshments	Sailor Moon Day 6 9:15 Stretch Warm-up—CR 9:30 Morning Kat Walk—CR 10:00 Radiant Café & Conversation—TL 10:30 Triominos —TL 12:00 Pokeno at La Mesa Senior Ctr —L 3:00 Door to Door Refreshments 3:30 Bingo—TL	7 9:00 Clarissa’s Fit & Fun –TL 9:30 Trivia—TL 10:00 Refreshments-CR 10:30 Bocce Ball Fun—CR 1:30 Bingo—TL 3:00 Door to Door Refreshments 3:30 The Singing Circle—TL	Let’s Luau!! 8 9:00 <i>Oahu - The Heart and Soul of Hawaii YouTube Documentary –MP</i> 10:00 Snack—CR 11:45 Island Buffet—DR 1:00 Luau Polynesian Dancers -DRP 3:00 Netflix Movie & Popcorn Finding Ohana—MP 3:00 Door to Door Refreshments
9 9:00 Catholic Mass & Communion—CR 9:00 Shadow Mountain Service—MP 10:00 Snack—CR 10:30 Bingo Blitz—CR 1:30 Coloring Sheet—TL 2:30 Movie Time—MP 3:00 Door to Door Refreshments	Victory Day 10 9:00 Physical Movements—CR 9:30 Exploration Packet -CR 10:00 Snack —CR 10:30 Checkers—TL 1:30 Bingo Blitz—TL 3:00 Refreshments —CR 3:30 Draw from the Heart—TL	11 9:00 Fitness Fusion w/Clarissa –TL 9:30 Eye Wear Cleaning—TL 10:00 Scenic Drive—L 10:00 Snack-TL 10:30 Alzheimer’s Support Group—CR 1:30 Singing w/Raymond—DR 2:30 Nail Spa— TL 3:00 Door to Door Refreshments	Vinyl Record Day 12 9:00 Morning Hymns—TL 9:30 Personal Reflection Writing—TL 10:00 Snack—CR 10:30 UNO Card Game —TL 1:30 Bingo—CR 3:00 Door to Door Refreshments 3:30 Arts & Crafts– TL	13 9:15 Mini Stretch Work-out—CR 9:30 Morning Miles w/ Kat — CR 10:00 Refreshments—CR 10:30 Bingo Fun—CR 1:30 Name That Tune—TL 3:00 Door to Door Refreshments 3:30 Yahtzee Fun—TL	Creamsicle Day 14 9:00 Fit Blast w/Clarissa –CR 9:30 The Advice Corner/Dear Abby—CR 10:00 Refreshments-CR 10:30 Bingo —TL 1:30 Sing Along Fun w/Anona—DR 3:00 Door to Door Refreshments 3:00 Creamsicles Social - TL 3:30 Card Game #31—TL	15 9:00 Seated Serenity Yoga—TL 10:00 Refreshments —CR 10:30 Arts & Craft—TL 1:00 Planting & Growing—G 1:30 Mega Bingo & Drinks—CR 3:00 Door to Door Refreshments 3:30 Group Jig Saw Puzzle—TL
Tell a Joke Day 16 9:00 Catholic Mass & Communion—CR 9:00 Shadow Mountain Service—MP 10:00 Snack—CR 10:30 Bingo Time—CR 1:30 Word Search—TL 2:30 Sunday Movie —MP 3:00 Door to Door Refreshments	17 9:00 Silver Sneakers Exercise—CR 9:30 Chair Travel & Trivia—CR 10:00 Snack—CR 10:30 Yahtzee Fun—TL 1:30 Bingo Challenge—CR 3:00 Refreshments —CR 3:30 Card Game POKER —TL	Bad Poetry Day 18 9:00 Power Fitness w/Clarissa –CR 9:30 Eye Wear Cleaning—CR 10:00 Refreshments—CR 11:00 Lunch Trip—L 10:30 Alzheimer’s Assoc. Presentation: Empowered Caregivers—CR 1:30 Bingo —TL 2:30 Precision Nails & Snack—TL	19 9:00 Timeless Hat Vault –TL 9:30 Inspired Writing - TL 10:00 Snack—CR 10:30 Water Color Painting —TL 1:30 Bingo Blitz—CR 2:30 Movie Hour & Popcorn —MP 3:00 Door to Door Refreshments	Radio Day 20 9:15 Quick Fit Routine—CR 9:30 Kat’s Walking Club — CR 10:00 Refreshments —CR 10:30 Spin the Bottle Q & A’s— TL 1:30 Bingo Game — TL 2:30 Netflix Musical: CATS—MP 3:00 Door to Door Refreshments	21 9:00 Clarissa’s Workout—CR 9:30 Today In History—TL 10:00 Refreshments-CR 10:30 Crochet—TL 1:30 Bingo Frenzy—CR 3:00 Door to Door Refreshments 3:30 Ballon Ball Circle—TL	Be an Angel Day 22 9:00 Drummercise—CR 10:00 Refreshments —CR 10:30 Sharp Shooter—TL 1:00 Bloom & Grow—G 1:30 Bingo—TL 2:30 Matinee Movie & Drinks —MP 3:00 Door to Door Refreshments
9:00 Catholic Mass & Communion—CR 9:30 Shadow Mountain Service—MP 10:00 Snack—CR 10:30 Bingo Fun—CR 1:30 Dot to Dot Coloring —TL 2:30 Movie Matinee —MP 3:00 Door to Door Refreshments	23 9:00 Tai Chi Essence—TL 9:30 Fun Packet/Eversound - TL 10:00 Snack —CR 10:30 Bocce Ball—CR 1:30 Super Bingo—TL 3:00 Snack—CR 3:30 Connect Four & Win—TL	25 9:00 Fitness w/Clarissa –TL 9:30 Eye Wear Cleaning—TL 10:00 Refreshments—CR 10:00 Scenic Drive—L 1:30 Bingo —CR 2:30 Nail Care– TL Door to Door Refreshments 3:30 Karaoke Fun—TL	Banana Split Day 26 9:00 Funny Money Store—TL 9:30 Resident Council —TL 10:00 Door to Door Refreshments 10:30 Sing Along—TL 1:00 Banana Split Social—DR 1:30 Presentation by: Sophisticats—DR 3:00 Door to Door Refreshments 3:30 Checker Tournament—TL	27 9:15 10-Minute Warm-Up –CR 9:30 Walk & Talk w/Kat — CR 10:00 Refreshments —CR 10:30 Bingo Mania—TL 1:30 Bead Bracelets—TL 3:00 Door to Door Refreshments 3:30 Lucky #7 Dice Game & Music—TL	Lemon Juice Day 28 9:00 Clarissa’s Low Impact Work-Out—CR 9:30 Chair Travel Resident’s Choice—CR 10:00 Refreshments-CR 10:30 Bingo Excitement—TL 1:00 Lemonade Social—TL 1:30 Dominoes—TL 3:00 Door to Door Refreshments 3:30 Bucket Ball, Bowling & Bulls Eye Fun—TL	29 9:00 Pictionary—CR 10:00 Refreshments —CR 10:30 Carnival Game Fun—TL 1:00 Green Thumb Time—G 1:30 Bingo Blitz—TL 3:00 Door to Door Refreshments 3:30 Reading Session—TL
9:00 Catholic Mass & Communion—CR 9:00 Shadow Mountain Service—TL 10:00 Refreshments—CR 10:30 Bingo Bonanza—CR 1:30 Triominos—TL 2:30 Movie Time —MP 3:00 Door to Door Refreshments	30 9:00 Noodle Exercise—CR 9:30 Group Activity Packet—CR 10:00 Snack —CR 10:30 Bingo—CR 1:30 Singing Circle—TL 3:00 Refreshments —CR 3:30 Card Game #31 & Drinks—TL	31 				